

# New Year's Resolutions



## A New Year - A New You - A New Attitude New Resolutions!

At this time of year many have the best of intentions to make some type of positive change in their life and/or wellbeing.

### Tips for Successful Resolutions

- ▶ Be specific about your goal(s); keep it achievable.
- ▶ Be realistic. Some of the best goals are simple ones.
- ▶ Define how you will reach your goal. Have a plan in place.
- ▶ Set a date for you to attain your goal or part of the goal.
- ▶ Evaluate your progress. Make changes as needed, readjust.
- ▶ Write your resolution down and place it in a location where you will view it regularly. Keep yourself accountable!
- ▶ Tell a friend about your goal so they can ask you about your progress.

Goals can be set anytime throughout the year but the New Year presents a clean slate and can be a good time to get started on working toward something new.

### RESOURCES

Use available resources to help you reach some of your goals. Some helpful campus resources include:

- **McKinley Health Education Unit** - Staff specialize in fitness, nutrition, sexual health and stress management. Call 217-333-2714 to schedule an appointment.
- **UI Extension Services** offer financial wellness advice. Call 217-244-5580 to schedule an appointment.
- **Office of Volunteer Programs** - Call to find out about the volunteer opportunities available at 217-333-7424.

### IDEAS FOR RESOLUTIONS

- Do something for someone else.
- Try to meet five new people each month.
- Get involved with a group or organization that interests you.
- Volunteer.
- Get organized - clear the clutter.
- Spend more time with friends and/or family.
- Get out of debt, reduce credit card debt.
- Become more fit, workout regularly.
- Eat healthfully.
- Be optimistic, have a positive attitude.
- Engage in random acts of kindness.
- Attend a play and/or community event.
- Take time to learn about other cultures.
- Add diversity to your life in some way.
- Do more outdoor activities.
- Pursue a hobby and/or interest.
- Break a bad habit such as smoking, biting nails, popping knuckles, etc.
- Nurture your spiritual wellbeing regularly.
- Spend quality time with your partner.
- Take more time out for yourself.

